



Terminalia chebula Retz.

Family: Combretaceae

Common name: Chebulic myrobalan

Local name: Harad

Importance:

- Called the 'King of Medicine' in Tibet and is always listed at the top of the list of 'Ayurvedic Materia Medica' because of its extraordinary power of healing.
- The fruit is mild laxative, stomachic, tonic, alterative and antispasmodic.
- Its powder is a good astringent dentifrice in loose gums, bleeding and ulceration in gums.
- Fruit powder has been used in chronic diarrhea.